

Issaquah Senior Center

Newsletter

October 2020



CITY OF
ISSAQUAH
WASHINGTON

**Drop by on October 30, say
"Trick or Treat," and receive a
treat!**

Dear Senior Center Members,

As you may remember, I prepared the CCS (Catholic Community Services) lunches on Tuesdays and Fridays for the past four years. It was an extremely rewarding experience, and I greatly enjoyed my time at the Issaquah Senior Center. I felt welcomed and valued by all of you. I was able to combine my love of cooking with my desire to serve others, and I feel my years with you were well-spent.

This worldwide pandemic has been difficult for all of us. Most of us are quarantined at home and unable to pursue our normal activities. Life situations have transformed in ways we never imagined - in my extended family we experienced a death, a birth, and changes in employment and living situations. I examined my priorities, and decided to shift them to my new granddaughter, my husband, my elderly mother and sisters, and my in-laws and their families.

I watched you be active and engaged while at the Senior Center, and I want to imitate that in my own life. Leaving Catholic Community Services and the Issaquah Senior Center has been an agonizing decision, but the right one for me. Thank you to all the wonderful folks who volunteered their time and energy - I appreciate your friendship and enthusiasm. Thanks to the Senior Center staff for making me feel like a part of your team. Most of all I thank you, the Senior Center patrons, for the opportunity to spend time with and serve you for so long. I wish you health, safety and happiness today and in future days.

Happy trails 'til we meet again!

Terri



**New Phone Number
425-837-3339**

Senior Center Hours for Lunch To Go
M-F 12:00pm-12:30pm
75 NE Creek Way, Issaquah, WA 98027

Virtual BINGO! Prizes! Fun! Free!

Wednesday, October 14 at 1-2pm

Join Sandy Morris for Virtual BINGO with her fun and entertaining Bingo calling. She'll have you laughing and rolling on the floor. You only need a phone to join in the fun!

This is how it works:

- Call the front desk to register at 425-837-3339.
- If you have played before, use the same BINGO card. If not, we will email or mail your permanent BINGO card.
- You can use your phone or computer to join on Zoom.
- Prizes will be mailed to your home.

Registration Required: Call 425-837-3339



Free Masks! White Cloth and Paper. Limit 4 masks per person.

Get at the Senior Center 12-12:30 pm M-F or call to arrange a pick up time.

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NEWSLETTER HELP

What are you doing at home during the pandemic? We need your pictures, stories, recipes and more! Let's reach out to others who are staying at home and do not use a computer. This newsletter can bring smiles and human connection. It can allow us to keep in touch and hear what others are doing during COVID. Send us your pictures & notes to show us what you're doing while at home. Mail to Issaquah Senior Center, PO Box 1307, Issaquah 98027, drop it off at the senior center or email seniorcenter@issaquahwa.gov



Issaquah Senior Center
75 NE Creek Way
Issaquah, WA 98027
425-837-3339

Annette BrooksCook
Don BurnettVan Driver
Brian BerntsenInterim Supervisor
Ingrid DeHaanTrip Coordinator & Van Driver
Dianne FriendCCS Cook
Amanda Hefner.....Front Office
Patricia Klingler.....Front Office
Sandy MorrisCook & Bingo Caller
Tom PerriconeCook
Tina RiehlFront Office
Dave SaoActivity Night & Van Driver
Wes SorstokkeVan Driver
Dave WaggonerVan Driver
Katharine Wismer ..Program Coordinator

What's New at the Senior Center

There are lots of new things happening at the Senior Center. Our new city cook, Tom Perricone, is working with Annette to create amazing meals. Stop by and say hi to Tom when buying your Lunch To Go! Also new are the main room's floor, a new refrigerator, new phones throughout the center and a new Senior Center Phone Number, **425-837-3339**. The old phone number will be discontinued soon.



Tom, Our New Cook



New Refrigerator



New Floors



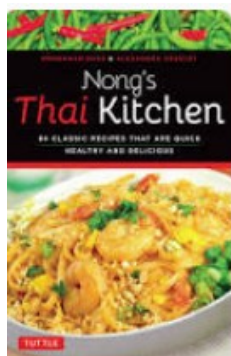
**New Phone Number
425-837-3339**

Guest Chef, Nongkran Daks, Oct 7

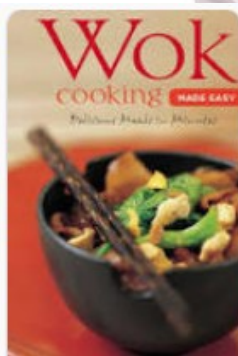
Join us on **Wednesday, October 7 at noon** to enjoy Thai Food Cuisine. Chef Nongkran Daks is cooking Lunch To Go. Enjoy Southern Thai Chicken Curry over Rice (*photo to right*), Tri Colored Pickles, Nun Banana (dessert w/bananas with Thai tapioca in coconut milk). Come early as we are first come first serve for Lunch To Go.

Nongkran Daks' introduction to cooking began at age seven getting up at 4 am daily to pound curry paste in Southern Thailand. Now, Nongkran is the owner of Thai Basil restaurant in Chantilly, Virginia thaibasilchantilly.com and author of several cook books (see *photo below*).

In 2009, Nongkran was featured and won a Pad Thai competition with Celebrity Chef Bobby Flay on the Food Network Program, Throwdown! Last year, the Senior Center showed this episode, and tasted Nongkran's winning Pad Thai.



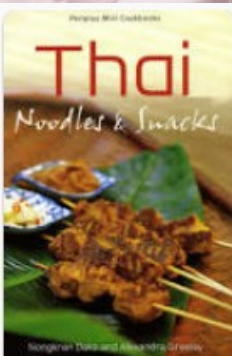
Nong's Thai
Kitchen: 84 C...
2015



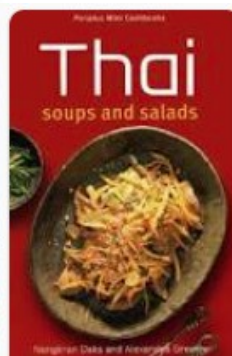
Wok Cooking
Made Easy: ...
2012



Homestyle
Vietnamese ...
2005



Thai Noodles
& Snacks
2001



Mini Thai
Soups and S...
2001



Wok Cooking
Made Easy
1998

Virtual Classes

Medication Management

Meghan King, MPH

Public Health Education & Communications Specialist
Washington Poison Center



Thursday, October 22nd from 11 am to 12 pm

Pill predicaments like medication errors, double dosing, taking the wrong medication or accidentally taking a different person's medication are frequent calls to the Washington Poison Helpline. Meghan King from the Washington Poison Center will provide tips and tricks to prevent common medication errors, accidents with non-pharmaceutical substances, adverse drug reactions, and potential risks from substances like cannabis and opioids. Come get your questions answered, and leave with tools to keep you and your loved ones safe when taking medications.

- Join from your computer or other device at <https://zoom.us/j/4996438677>
- Dial phone number: 1-669-900-6833, enter meeting ID: 499-643-8677#, press #



Nutrition & Cooking Class Series (6 weeks)

Thursday, October 8 for 6 weeks! *Chicken Soup Brigade* is offering a FREE nutrition and cooking class series. Limited to 20 participants. Time decided by registered participants.

Bonus! Receive a FREE bag of groceries & recipes delivered to your home 6 times.

Enjoy cooking demonstrations and practice later with the food needed to make these dishes delivered to your home. The classes are held virtually on Zoom (phone or computer) for one hour each week.

Register at 425-837-3339

Virtual Gatherings with King County Grant Partners

Let's Grow Together:

Conversations to Foster Community

India Association of Western Washington

Tue Oct 13 at 10am - Zoom with Phone Option

IAWW has been serving Eastside seniors since 1997. This is the only program serving South Asian seniors in the State of Washington. Participants are retired, of retirement age, or interested in activities and events relevant to seniors. Come find out more about their work and how to participate in their programs.

Call Valerie at 206-779-2011 or valeries@soundgenerations.org



Let's Grow Together: Conversations to Foster Community

GenPride and Healthy Generations

Tue Oct 27 at 10am - Zoom with Phone Option

GenPRIDE empowers older LGBTQ+ adults to live with pride and dignity by promoting, connecting and developing innovative programs and services that enhance belonging and support, eliminate discrimination, and honor the lives of older members of our community. Join us online to learn more about the organization and its plans to bring partner with your local senior center. Call Valerie at 206-779-2011 or valeries@soundgenerations.org.

**Wednesday,
October 21st
1:30-2:15pm**



MAKE FRIENDS

**What are your Fall
Traditions? Let's
Share with Friends**

ACROSS THE MILES



Make Friends Across the Miles

Come meet our senior friends in Houston as we discuss fall traditions! Register for Zoom link. Call Valerie at 206-779-2011 or valeries@soundgenerations.org



Individual Resources

Tech Help is Back (in person)

Every Thursday 2 pm to 4 pm *No October 29 appointments.* Michelle is back providing tech help at the Senior Center. Schedule your 30 minute appointment by contacting the Front Desk at 425-837-3339. No drop-ins, please.

Changes due to COVID: 1) Wait outside until your appointment time. 2) Face-mask required. Hand sanitizer (required) is available upon entry to the Senior Center. 3) Answer COVID related questions.



Private Phone Calls with Rebecca, Social Worker

Rebecca can help you navigate local resources and help tackle a wide variety of issues and obstacles you may be facing. She helps older adults get groceries delivered, sign up for affordable housing, and more. No income restrictions; anyone can talk with Rebecca. No appointments; just call Rebecca directly at 206-395-9149.

Private Phone Calls about Medicare with Statewide Health Insurance Benefits Advisors (SHIBA)

Phone appointments are available with a SHIBA employee to answer questions in the areas of *Medicare, Medigap, Medicaid* and long-term care insurance. Phone appointments are available on **Thursday, October 15 at 10am, 11am, 12pm, 1pm, 2pm, 3pm.** *Schedule your appointment with the Front Desk at 425-837-3339.*



AARP's Friendly Voice Program

Want to talk with a friendly person during these difficult times? Request to have regular calls where you can talk about anything and receive support and connection.

Call Monday to Friday, 9am to 5 pm at 1-888-281-0145 or fill out the online form:

<https://aarpcommunityconnections.org/friendly-voices>

Online: Out Loud! A Story Time for Adults

King County Library System invites adults to join them every 2nd and 4th Friday (Oct 9 and 23) at 10 am for adult stories on Zoom.

Each session, our reader will select and share an engaging short story by a renowned author. Using Zoom, both video and call-in options are available. *Register by calling Ask KCLS at 425-462-9600.*



Stay Safe Wear Your Mask

Twins: Tina, front desk professional, and Betty Roberson, library volunteer wearing the same mask; laughing and chatting!



Ongoing Virtual Groups

WISDOM CAFÉ

Join King County Librarian, Zlatina, as she facilitates conversations on a variety of topics on Fridays, 1-2 pm. You have the choice of joining by conference call or Zoom video conferencing. (see below)

- **Oct 1: Things We Hold Dear** What happened on the best day of your life? Do you have a favorite saying or expression? What family traditions do you want to remember and keep alive? If you had three wishes, what would they be?
- **Oct 8: Dealing with Uncertainty** What is your style of dealing with uncertainty? Denial, Resistance, Acceptance, Accommodation? What have those looked like in your life in the past?
- **Oct 15: Life Legacy** If you could divide your life into chapters, how would you set up the story? What would the chapter titles be? What have been some of the most formative or influential moments in your life? What ages in your life do you remember most vividly? How was each decade different than the ones before it?
- **Oct 22: Childhood Memories** What was it like growing up where you did? What were your favorite movies, foods, and things to do? What inventions, fads or world events do you remember most vividly?
- **Oct 29: What To Do Now** How do we personally meet this extraordinary moment in history? What have you discovered about yourself and what you can/want to do as we face the challenges of the pandemic, politics, and isolation?
- Join from your computer or other device at <https://zoom.us/j/4996438677>
- Dial phone number: 1-669-900-6833, enter meeting ID: 499-643-8677#, press #

Mindfulness Weekly Meetings

Join us every Wednesday from 11am to 12pm on Zoom video conferencing or on the phone. We start with a short centering exercise followed by discussion on a variety of practices to stay calm and present. We are a supportive community focusing on positive ways to move forward during these challenging times.

- Find a quiet & peaceful location where you can sit comfortably for 60 minutes.
- Join from your computer or other device at <https://zoom.us/j/4996438677>
- Dial phone number: 1-669-900-6833, enter meeting ID: 499-643-8677#, press #

Yoga and Chair Yoga Live & Recordings with Barbara Stevenson

Barbara is teaching mat yoga and chair yoga online! She teaches chair yoga “live” on Wednesdays from 11am to noon. It is recorded so you can watch it any time. Here is a link that will take you directly to the class.

<https://www.facebook.com/groups/samenachairyoga/?ref=share>

Below is a link to Barbara’s evening Yoga class (remember you can watch it at any time of day) **Keep your body moving!**

<https://www.facebook.com/groups/eveningyoga/?ref=share>



Writing Your Family Story

Sink, Sank, Sunk

By Jan Pelroy

One summer on Lake Washington in Kenmore, which is on the north end of the lake, I was with my friend from high school, Gary Jang. I enjoyed those lazy summer days water skiing the lake or up the Sammamish Slough when the lake was choppy from the wind. Gary was with me when I decided to scare him a little. Gary is of half Chinese and half Swedish descent. His dad had a small restaurant in Kenmore who was nicknamed the Pancake King. Gary was kind of an all-American kid who was frequently in trouble with his teachers because of the terrible puns he made in class, but he was well liked by everyone.

On the lake, there were four pilings that had either been part of a dock or a boat house that I had went through slowly with my boat, a fourteen foot red and white Johnson sea craft with a 35 horsepower Evinrude Lark motor that would propel it to about 34 miles per hour, which seems more like 60 miles per hour in a car. I was piloting the boat at full speed towards the pilings, which at that speed didn't appear to have enough room for the boat to pass through safely. Gary began screaming to stop me from my reckless endeavor. I'm sure he envisioned us smashed up on these old pilings, then swimming injured for our lives. We passed smoothly through what Gary thought was his doom. I enjoyed my laugh at his expense.

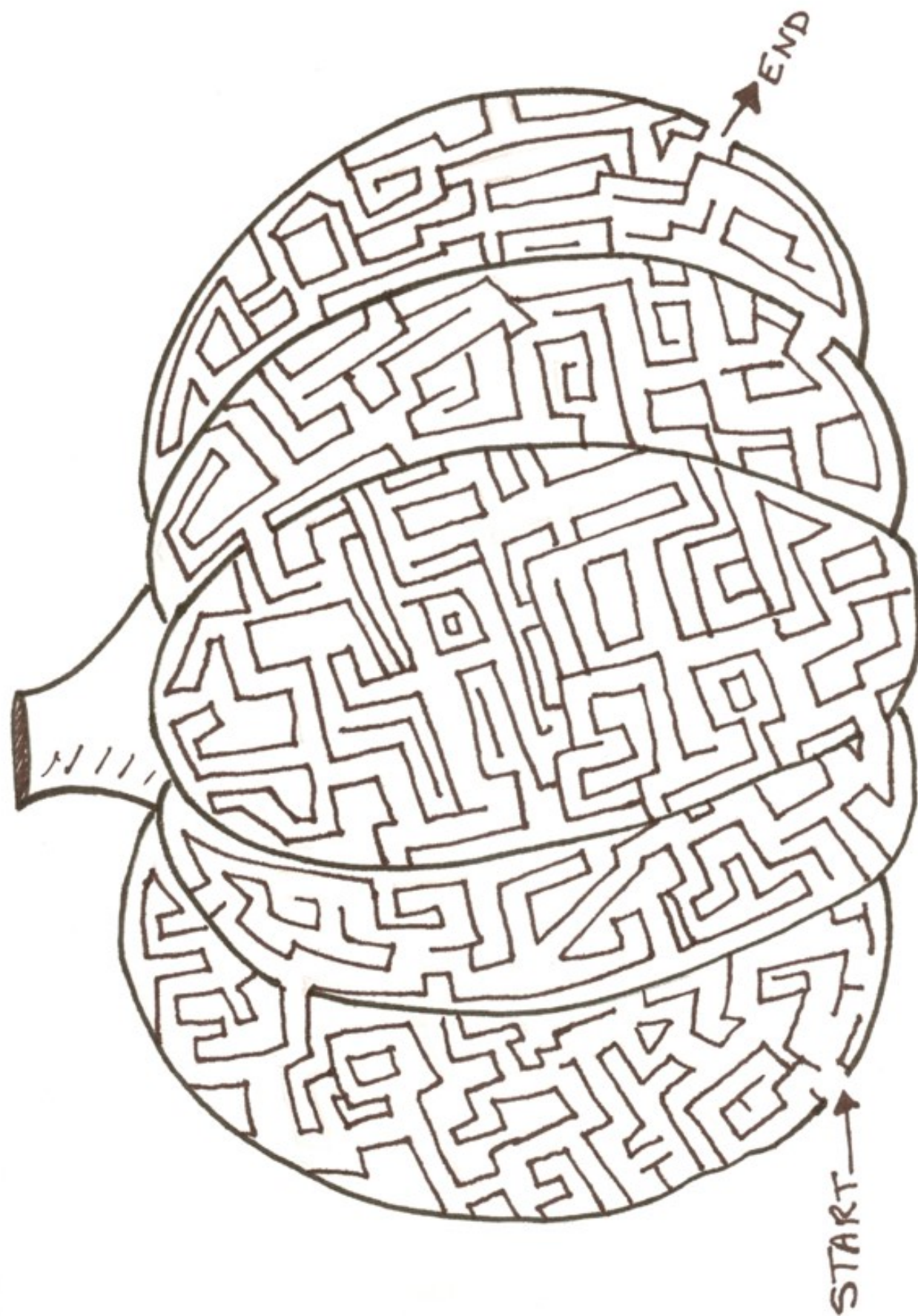
I used to launch my boat from the Kenmore Slough site. I remember pulling in with my trailer more than once, backing the boat and trailer into the water then freeing the boat and pulling it up to the shore. After the launch, I would drive the car and trailer up to the parking area. Once, upon returning to the boat, I found it was sinking because I had forgotten to put in the drain plug. I then took off hell bent for the car and trailer to pull the boat out of the water before it sank completely, hoping that no one was around to see my stupidity.

A few years later, I was on a construction job in Alaska. My brother took the boat out with his family and ran it out of gas. He had an extra metal gas container which he proceeded to pour into the boat's tank. He accidentally touched the battery, causing an arc which ignited the gasoline. He then dropped the can, sending gas the length of the boat, which burned to the water line within twenty minutes. Luckily no one was injured, and I had to start looking for another boat when I returned from Alaska.



AN A-MAZE-ING SEASON!

It's that special time of year when patches fill with pumpkins, but don't fall for this one too easily. Find your way from Start to End, but be wary of traps and dead ends that want to block your passage.



October 2020

Lunch To Go—City of Issaquah Senior Center

Mon, Wed & Thu City of Issaquah / Tue & Fri CCS - TIME 12–12:30pm

Mon City Lunch	Tue CCS Lunch	Wed City Lunch	Thu City Lunch	Fri CCS Lunch
<p>Suggested Contribution is \$4.50 for 60+ years old & Cost is \$6.50 for under 60 years old.</p> <p>This Menu is subject to change.</p> <p>Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.</p>				
5 Cobb Salad: Chicken, Gorgonzola, Tomatoes, Egg, Bacon, Avocado, New England Clam Chowder, Oreo Cookies	6 Chicken Cacciatore Zucchini & Tomato Medley, Wheat Roll, Pears	 7 Guest Chef Nong Dak! Southern Thai Chicken Curry over Rice, Tri-Colored Pickles, Nun Banana (bananas w/ Thai tapioca in coconut milk)	1 Shepherd's Pie, Sautéed Asparagus, Green Salad, Vanilla Pudding Cup	2 Beef Chili Colorado Broccoli, Cauliflower, Orange
12 New York Style Meatball Sub Sandwich, Pasta Salad, Fig Newtons	13 Chicken & Cheese Taco Salsa, Guacamole, Cauliflower, Caramelized Bananas	14 Breakfast for Lunch Gut Buster Omelet (ham, cheese, onion, peppers, mushroom), Hash Browns, Croissant	8 Blue Plate Special Meatloaf Mashed Potatoes, Fresh Green Beans, Chobani Yogurt Cup	9 Baked Cod Roasted Mediterranean Veggies, Oatmeal Raisin Cookie
19 Beef Ravioli w/ Marinara Sauce, Hot Italian Sausage, Madeleines (French Butter Cookie)	20 BBQ Pork Loaded Baked Potato Lemon Garlic Broccoli, Apple Sauce	21 Coq Au Vin w/o the Vin (chicken stew), Garden Salad, Ghirardelli Brownie	15 Annette's Fried Chicken, Buttered Noodles, Paprika Carrots, Chocolate Pudding Cup	16 Pork Chops w/ Apples Cucumber Tomato Feta Salad, Rice Pudding
26 Pastrami Reuben on Marbled Rye Bread, Potato Salad, Chips	27 BBQ Chicken, Pasta Salad, Green Beans, Pinto Beans, Ice Cream, Pineapple Sauce	28 Homemade Beef Lasagna, Caesar Salad, Chocolate Cake	22 Grilled Brats w/ Onions, Oven Browned Potato, Coleslaw	23 Creamy Tomato Fettuccine String Beans, Roll, Fruit Cocktail
			29 Pork Tenderloin, Rice Pilaf, Gravy, Corn, Grandma's Cookie	30 Fish & Chips, Coleslaw, Yogurt, Strawberry Rhubarb Compote



City of Issaquah Lunch- Buy 5 tickets for \$20.00 and save 50 cents per meal. Checks, Credit Cards Accepted.
Catholic Community Lunch—Cash and Checks only NO Credit Cards Time: 12 pm to 12:30 pm